

WEEKLY MEAL PLANNING GUIDE

DAY	BREAKFAST	LUNCH	DINNER	SNACK(S)	CHECKLIST FOR MEALS:
Monday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Tuesday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Wednesday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Thursday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Friday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Saturday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN
Sunday					<input type="checkbox"/> FRUIT <input type="checkbox"/> VEGGIE <input type="checkbox"/> GRAIN <input type="checkbox"/> DAIRY <input type="checkbox"/> PROTEIN

